

# **Team Workout**



20 Jumping Jacks



5 Push-ups



Touch opposite sidelines 10 times



10 Sit ups



20 Jump ropes



Give the teacher a high five



5 coffee grinders



One team lap around the gym



One high 5 and one Praise Phrase for everyone in your team when finished!

# Rules

1. Team members must wait until all teammates are done before going to the next exercise.
2. The organizer signals when the team can move to the next exercise.
3. Everyone must use at least one Praise Phrase to another teammate or to the team.

### **Dice # 1**

1. Touch opposite walls-run or skip
2. Door openers with weights
3. Laps
4. High 5 partner push-ups
5. Steam engines
6. Dyna band pulls
7. Bump a volleyball
8. Partner sit-up ball passes
9. Cartwheels
10. Jump rope

## **Dice # 1**

1. Jump rope
2. Cartwheels
3. Dyna band pulls
4. Door openers with weights
5. Touch opposite wall-run or skip
6. Bump a volleyball
7. Partner sit-up ball passes
8. Steam engines
9. Laps
10. High 5 partner push-ups

## **Dice # 2**

1. Standing long jump
2. Paddle taps
3. Partner weave the length of the floor
4. Soccer juggle
5. Over under push ups
6. Glut slaps
7. Bean bag toss
8. Mountain climbers
9. Wall push-up in each corner of the gym
10. Grapevine the length of the gym

## **Dice # 2**

11. Over under push-ups
12. Partner weave the length of the floor
13. Wall push-ups in each corner of the gym
14. Grapevine the length of the floor
15. Mountain climbers
16. Paddle taps
17. Glut slaps
18. Standing long jumps
19. Beanbag toss
20. Soccer juggle